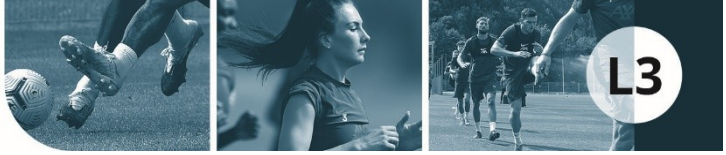
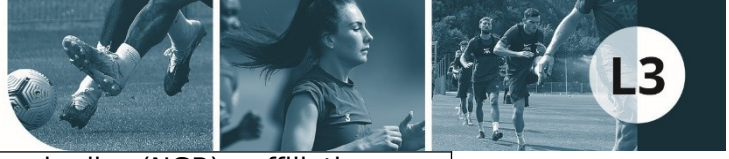


BTEC Assignment Brief

Qualification	Pearson BTEC International Level 3 Qualification in Sport.
Unit number and title	**Unit 10: Business and Technology in Personal Training**
Learning aim	Learning aim C: Explore business-related legislation and organisational procedures for personal training
Assignment title	How legislation, ethics and professional behaviours can affect a personal training business
Assessor	
Issue date	
Hand in deadline	

Vocational Scenario or Context	A well-known health and fitness Instagrammer who runs their own successful online personal training business has asked you to produce a video that details the key legislation personal trainers need to be aware of and how a personal trainer should behave, including the key ethics and values. They will upload the video to their Instagram page to help other personal trainers be successful.

Task 1	You must produce a video that **explains**, **analyses** and **evaluates** the importance of legislation, ethics and professional behaviours when running a personal training business. In the video you should aim to be creative. For each area you need to discuss and give reasons as to why these factors contribute towards being a successful personal training business owner, breaking down each element, giving as much detail as possible. You must use examples to allow you to **analyse** and **evaluate**, considering how carrying these practices out can impact a business both in a positive and negative way. **Legislation** Current work-related legislation, when • Health and safety legislation (Health and Safety at Work Act (1974)) • Public liability insurance



- National governing bodies (NGB) – affiliation fitness professional (Register of Exercise Professionals (REPs).
- Legal check when working with young people
- Relevant health and safety qualifications and training
- Risk assessment facility using during sessions
- Use of key legislation for data protection and confidentiality of client data

For each piece of legislation, you must consider how adhering to the legislation can have a positive or negative impact on the success of the business, breaking down each area into detail. This will allow you to **evaluate** and **analyse.**

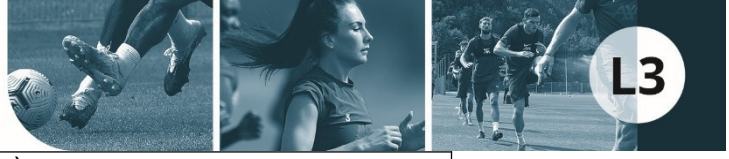
Ethics

- Professional membership with appropriate bodies (REPS)
- Know the boundaries of the role and scope of practice (When to refer clients to medical professionals or other appropriately qualified fitness professionals)
- Work with other relevant professionals (sports massage therapist, sports nutritionists)
- Follow the Personal Trainers professional code of conduct - Positive, honest, empowering, personal integrity, respectful of clients and other professionals, motivating, trustworthy, committed, non-judgemental, consistent, personal conduct, role model, portray a professional image

For each ethic, you must consider the positive or negative impact on the success of the business, breaking down each area into detail. This will allow you to **evaluate** and **analyse.**

Professional manners

- Health and safety at work
- Equality and diversity
- Safeguarding (working with young children,



	vulnerable adults) • Data protection (GDPR, handling client data) • Hazard identification (safe working environment) • Safe working practices • Ethics and professional conduct • Relevant data protection legislation • Informed consent • Storing client information in a safe place • Physical Activity Readiness Questionnaire (PAR-Q) / health commitment statement from every client • Relevant technology legislation (data protection, intellectual property (IP), patents and copyright For each professional mannerism, you must consider the positive or negative impact on the success of the business, breaking down each area into detail. This will allow you to **evaluate** and **analyse.**

Criteria covered by this task:	
Unit/Criteria reference	To achieve the criteria, you must show that you are able to:
C.P7	Explain the importance of legislation, ethics and professional behaviours for a personal trainer.
C.M4	Analyse the importance of legislation, ethics and professional behaviours for a personal trainer
C.D3	Evaluate the impact of legislation, ethics and professional behaviours on personal training as a business.
Checklist of evidence required	Video footage
Other assessment materials attached to this brief	